

NUTRITION FACTS

Serving Size 1 piece (40 g)

Servings per container : 2.5

Calories 230

Amount / serving

% DV*

Amount / serving

% DV*

Calories from fat 140

Total Fat

16 g

24%

Total Carbohydrate

17 g

6%

* Percent Daily

Sat Fat

10 g

48%

Dietary Fiber

2 g

9%

Values are based on

Trans Fat

0 g

Sugars

14 g

a 2,000 calorie diet. Your Daily

Cholesterol

5 mg

2%

Protein

3 g

Values may be higher or lower

Sodium

30 mg

1%

Vitamin A

0%

Vitamin C

0%

depending on your calorie needs.

Calcium

8%

Iron

4%

Calories

2,000

2,500

Total Fat

Less than

65 g

80 g

Sat Fat

Less than

20 g

25 g

Cholesterol

Less than

300 mg

300 mg

Sodium

Less than

2,400 mg

2,400 mg

Total Carbohydrate

300 g

375 g

Dietary Fiber

25 g

30 g

Calories per gram :

Fat 9 • Carbohydrate 4 • Protein 4